

Daily Affirmations- March 2018

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

Affirmations have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Thu	Mar	1 st	Today I choose to love me. Today I choose to be special to me.
Fri	Mar	2 nd	Never give up hope. God is always with you.
Sat	Mar	3 rd	Rome was not built in a day.
Sun	Mar	4 th	The best lessons are the ones you learn.
Mon	Mar	5 th	Be the changes you wish to see in the world. Behavior is contagious.
Tue	Mar	6 th	This too shall pass.
Wed	Mar	7 th	Nothing is too bad to stop believing in yourself.
Thu	Mar	8 th	I am capable and worthy to change.
Fri	Mar	9 th	I am beautiful and willing to stay in sobriety.
Sat	Mar	10 th	This too shall pass.
Sun	Mar	11 th	It is worth it. It will not be easy. If it were easy, it would not be worth it!
Mon	Mar	12 th	God gives his strongest soldiers the toughest battles.
Tue	Mar	13 th	I will pick myself up and take one step forward.
Wed	Mar	14 th	God is love. If it is not love, it is not of God.
Thu	Mar	15 th	Things that are pure, things that are honest, things that are good, think on these things.
Fri	Mar	16 th	I will smile at a stranger today.
Sat	Mar	17 th	I will take time out to cry today.
Sun	Mar	18 th	Pretending I am not mad makes me a liar.
Mon	Mar	19 th	I will not be a fool. I will keep my mouth shut today.
Tue	Mar	20 th	I walk safe when I walk with integrity.
Wed	Mar	21 st	The Lord is my light and my salvation, He will hide me when trouble comes.
Thu	Mar	22 nd	The Lord is my Shepherd.
Fri	Mar	23 rd	If you fall, get back up.
Sat	Mar	24 th	In the end, the love you take is equal to the love you make.
Sun	Mar	25 th	It's okay that you fall, you just have to get up again.
Mon	Mar	26 th	If you do what you've always done, you'll get the results you've always gotten.
Tue	Mar	27 th	Working together works - keep a good attitude, pray, stay happy.
Wed	Mar	28 th	You are not your mistakes or your disease. You are made of much more!
Thu	Mar	29 th	Only once you've lost everything are you capable of anything.
Fri	Mar	30 th	Why fight each other when the world is already in battle.
Sat	Mar	31 st	Today is going to be a better day.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

"Be the change you wish to see in the world" - Gandhi

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power.
One Day at a Time.